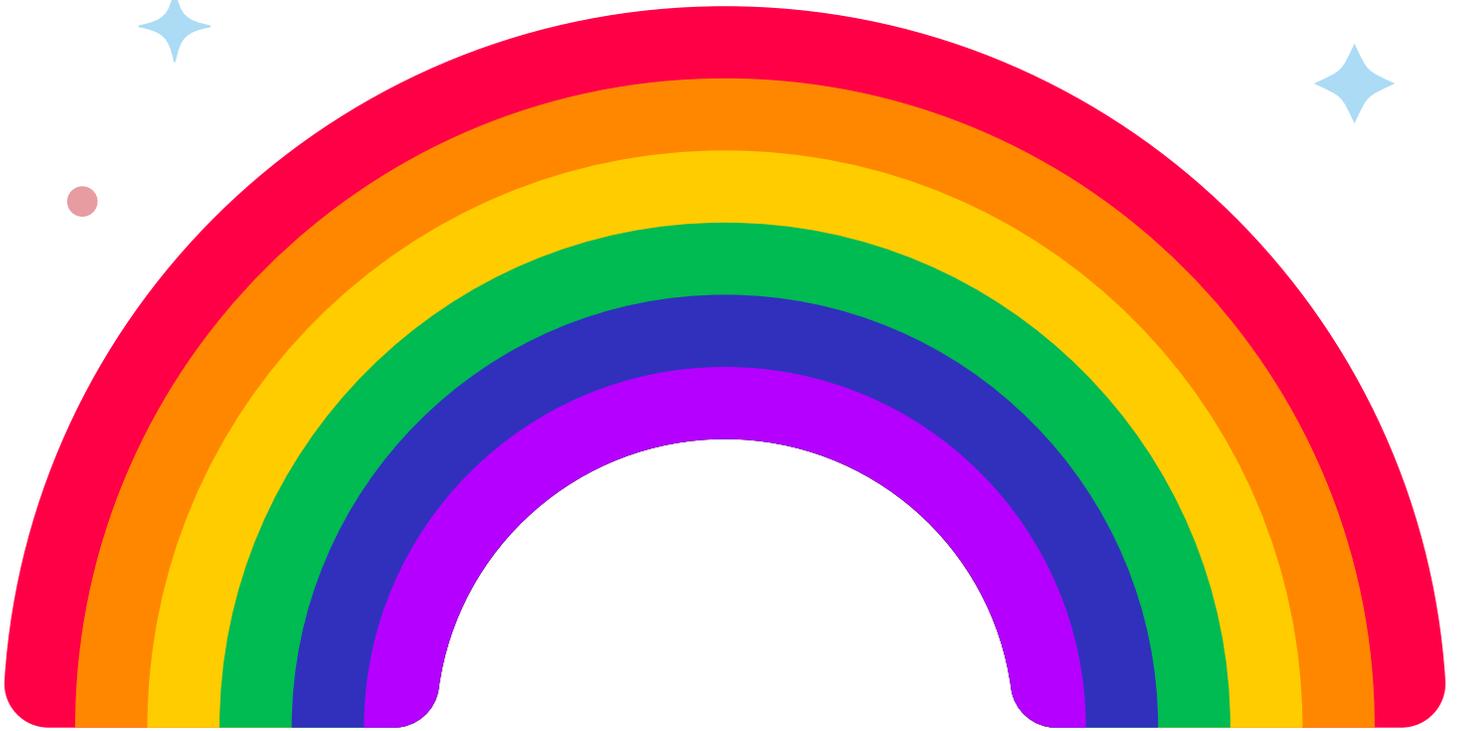


# Rainbow Breathing



1. Imagine a colorful rainbow in the air in front of you.
2. Move your finger across each color, as if you're tracing each color in the air. While you do that, take a slow breath in through your nose. [Purple]
3. Trace the blue, and exhale slowly through your mouth [Blue]. You can make a "cccchhhh" sound while you exhale if you would like.
4. Breathe in through your nose while you trace the green.
5. Breathe out through your mouth while you trace the yellow.
6. Breathe in and trace the orange.
7. Breathe out and trace the red.

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Repeat as many times as you would like.

